

Idaho Centers for Independent Living

# NEWSLETTER

**Independent Living –  
Celebrating Life  
Your Way!**

**August 2014**



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## DID YOU KNOW.....

No matter how much you love animals, no matter how much those big brown eyes speak to you, no matter how hard that tail may be wagging – don't pet a service animal without asking the owner. Service animals go through different stages of training and the trainer may tell you to go ahead and pet them because they are in a socializing stage. If they ask you not to, it's nothing personal. It is because the animal is working and should not be distracted.



**WE ARE ONLY A PHONE CALL AWAY!**

Our centers are here to assist you with  
Independent Living issues.



## LOCAL EVENTS

Aug 30 -

**Brain Injury Support Group** 9:00 am  
Everyone with a TBI and their family and friends are welcome to join us!  
**Moscow** at the DAC Office, 505 N Main Street

Sept 10-

**IPUL (Idaho Parents Unlimited)** training  
Learn how to better advocate for your child  
3:00 – 6:30 pm PST in **Moscow**  
at Opportunities Unlimited, 119 E 4<sup>th</sup> St.



**LIFE. Inc.**  
Living Independently For Everyone

Sept 20-

Advisory Committee meeting  
DAC **Dalton Gardens** Office  
7560 N Government Way, Suite 1  
Contact Angela MacDonald for information and time  
at 208-664-9896

Living Independence Network Corporation

**LINC**



connecting people to independence

Sept 27-

Meeting with the Public Health Department in  
**Lewiston** and DAC staff to plan a summit for **Emergency Preparedness**. Public Health Building in Lewiston  
For more information call Tanner Bramell of the Lewiston DAC  
at 208-746-9033

Aug 5-

Quarterly Board Meeting at the LINC **Boise** Office  
Located at 1878 West Overland Road, Boise, ID  
For more information call (208) 336-3335



Sept 27-

***The ADA and Effective Communication Requirements in Medical Settings and Lawyer Offices***

9:00 am to 4:30 pm  
The training will be held in **Boise**  
Contact the Northwest ADA Center  
208-841-9422 (voice and text)



# NEWS FROM DAC

## 24<sup>th</sup> Annual ADA Celebration



Mark Leeper presents the Vital Resource Award to the Moscow City Parks and Facilities manager, Tom Grundin, during the ADA celebration in Mountain View Park! Former Mayor Nancy Chaney was in attendance as everyone celebrated the strides that Moscow has made to ensure that the city becomes accessible for everyone!

Resource booths with information about area agencies were around the perimeter. There were games for the children and door prizes for the adults! Kids and adults had fun with squirt guns and bubbles! Glittery face painting was seen everywhere. The band played and people clapped and danced!

The staff from all three offices worked together to prepare food for everyone. The day was sunny and everyone who was able to attend enjoyed their time at the celebration.





# NEWS FROM LIFE INC.

## ADA CELEBRATION

The celebration was at our local park/zoo area that is by the accessible playground equipment. That way, if the younger kids didn't want to sing and dance they could play on the equipment. Our attendance exceeded the 300 we planned for!

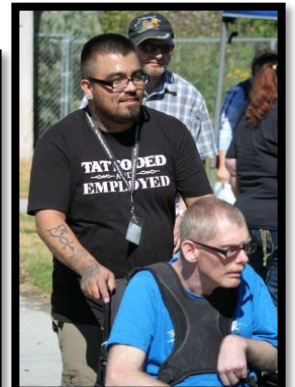
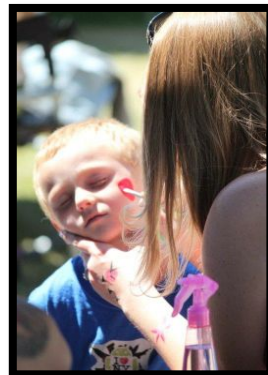
Everyone loved the prizes this year and especially the grand prize of getting to take nine friends to a Chukars ball game, sitting in the VIP seats, having dinner served and getting to throw out the first ball. The winner and friends will be picked up by one of the accessible vans that our public transportation company has. The little girl who won was excited that she would get to take some friends and some family with her to the game.

We had a DJ play music and even though it was a hot summer day, there was dancing and singing.



We had a tree for the yellow ribbons in support of our troops and it was mostly covered. Some very touching messages were included with the ribbons.

Some of our consumers were there to volunteer their time for whatever was needed. So all in all the day could not have been better.



### FACT:

**It is not lawful for a tenant to be charged a monthly pet fee for a service or companion animal because under the law they are not pets.**

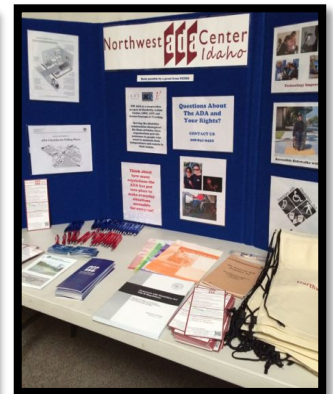


# NEWS FROM LINC

## ADA CELEBRATION

On Thursday, July 17, 2014, we spent a wonderful afternoon at the LINC office celebrating the 24th Anniversary of the ADA. The dedication of LINC Boise's building in honor of disability advocate Jeffrey Garro was a huge success. Close to 100 people turned out to the Celebration and honored Jeff's memory. We ate great food, danced with the Oinkari Basque Dancers, connecting with old friends and met new ones. We gathered information about the many great resources for people with disabilities available throughout the Treasure Valley! ASL Interpreters were available for the event.

We would like to share the pictures of this great afternoon.



## Quotes to make you smile!

***I dropped a hammer on my foot. I said "Ouch, I bet that hurt."***

J.D. England – Comedian – He says he is "Wheelie Wheelie Funny!"





## NEWS FROM



**Welcome** to the Northwest ADA Center-Idaho a cooperative project in Idaho that provides up-to-date information, referrals, resources, technical assistance and training on the Americans with Disabilities Act (ADA). We serve a variety of audiences, including businesses, employers, government entities, individuals with disabilities and the general public.

We are NOT an enforcement agency. Our mission is to help you understand your rights and obligations according to the ADA. For more detailed information about us visit our website that addresses the Ten Frequently Asked Questions about the Northwest ADA Center-Idaho. Website: <http://dbtacnorthwest.org/Idaho>

To provide you with an example of some of the services that the Northwest ADA Center-Idaho can provide we received a call from Christina Nelson in March about her 8 year old son Burke.

Chris was experiencing road blocks in getting sign language interpreters for her son to participate in two summer camps. Chris contacted the Northwest ADA Center-Idaho asking for technical assistance regarding her son's rights under the ADA. As a result she successfully advocate for her son to have interpreters at Summer Camp.

Chris wrote a story for the newsletter about her experience in trying to access interpreters and includes pictures of her son's summer camp experience. Please email with questions that you might have or access problems that you experience. Main contact person for the Northwest ADA Center-Idaho is:

**Dana Gover, MPA, and ACTCP Certification, ADA Training and Technical Assistance Coordinator**

**Email: [dananwadacenteridaho@gmail.com](mailto:dananwadacenteridaho@gmail.com)**

**Phone: Voice and Text 208-841-9422**

**Idaho Relay Service: 711**

**Website: <http://dbtacnorthwest.org/Idaho>**

### A Mother's Story...Summer Camp Programs are Possible for Children who Use Sign Language: Understanding your Child's Rights under the ADA is Important! By Christina Nelson

This summer my son, Burke Nelson is participating in a camp with hearing peers who are learning science, art and music. He is also participating in a camp that lets him experience all things "outdoors"; kayaking, biking, rock climbing, fishing, hiking and swimming!

When I dreamt of parenthood, I expected to raise children who could hear and respond to my spoken words. When I found out my son was deaf, I felt my dreams for his life slip away into a quite, isolated world. I worried that he would not be able to experience the fullness and joy of the life I wanted to provide for him. That was 8 years ago. Now my son communicates fully using signed and spoken English.

He is a lively and happy little boy who is a force to be reckoned with and will stop at nothing until he understands and is understood. He has the capacity and tenacious spirit to do just about anything. And, it is with that spirit that I reached out to

Northwest ADA Center-Idaho to help me understand my son's rights for a sign language interpreter so that he can participate in summer camp programs.



**Burke with his interpreter**

## ***A Mother's Story***

*Continued from page 6*

You see, when a deaf child wants to participate in camp, traditionally the financial burden for the camp tuition and the interpreter was placed on the family. For us, this cost would be too large of an



***Burke examining Marine Life with his friends at summer camp***

expense and would ultimately inhibit our son from having a summer camp experience. I was not about to have summer camp taken off the list for my boy!

I scoured the internet for resources and laws. I was

determined to "make a case" for these camp programs to provide funding for my son's interpreter. Thankfully, I was referred to the Northwest ADA Center.

Before contacting the Northwest ADA Center-Idaho, I previously requested an interpreter for my son to participate in two summer camps and was told by the camp staff they could not provide interpreters due to the cost.

When I called the Northwest ADA Center number (800-949-4232) and left a message, Dana from the Northwest ADA Center-Idaho was answering the 800 number and called me right back.

We discussed the camps that I wanted my son to attend. Through a number of emails and phone calls Dana walked me through the process of

understanding the laws impacting my son's rights to obtain a qualified sign language interpreter at summer camps. Dana provided examples of how I could state my request for effective communication based on the ADA regulations and ideas to self-advocate for my son to have an interpreter at camp.

After working with Dana and weeks of emailing the Directors of both summer camp programs, they agreed to provide sign language interpreters for my son at no cost.

By making a formal request based on the ADA regulations, the camp directors reviewed their staff's original refusal and it was determined that the cost was not a financial burden to provide the sign language interpreters.

I can honestly say that without Dana's help in understanding how to explain my son's rights, I would have hit too many brick walls and probably given up the fight.

Thanks for empowering me with the ADA regulations and technical assistance information I needed to advocate for my son's right to communicate and experience the fullness and joy of summer camp! Chris. "

Story by Christina (Chris) Nelson



***Burke at Rabbit Barn, signing with Interpreter***

# Assistive Technology



## Right Handed Paint Brush

Ergonomically designed to fit comfortably in your hand, allowing it to stay more relaxed letting your strong arm muscles do their work to help make painting easier.

**Under \$11.00**



Rests easily on the side of the paint can without falling in!



## Thumbs-up Arthritis Cup without Lid

Easy Drinking for Those with Limited Hand Strength

**Under \$11.00**



## UN SKRU JAR OPENER

Attaches to the underside of a counter, cabinet, or shelf to open jars and bottles with a screw on lid. This mounted jar opener allows people with arthritis to hold a jar or bottle with 2 hands for easy opening.

**Under \$9.00**



## FINGER LOOP TABLESPOON

The Finger Loop Tablespoon is a stainless steel table spoon with vinyl coated handle. The handle has a stainless steel, vinyl coated loop for the users thumb.

This adapted tablespoon was developed by an occupational therapist for people who are have difficulty holding a tablespoon for eating.

**Under \$10.00**

## Durable Medical Goods Donations

Please call an office near you to make donations of durable medical items you no longer use or to see if we have something you may need!

James Pickard in Moscow at 208-883-0523  
Valerie Johnson in Idaho Falls at 208-529-8610  
Todd Wilder in Boise 208-336-3335





## IDAHO PARENTS UNLIMITED TRAINING

Every parent wants to see their child be happy, healthy, and part of their community. Oftentimes, however, parents need to advocate to get their child the services they need.

While professionals have knowledge in a certain area, parents have a lifelong relationship with their child and they are the "expert" on their child.

In this training parents will learn about family centered, comprehensive, coordinated care for their children with complex health needs and the skills needed to effectively advocate for services.

Additional areas of emphasis will be on parent/professional collaboration, creating a care notebook, and getting organized.



In collaboration with our supporting agencies we have also created this workshop to aide parents to start, conduct, and maintain a parent support group that is right for your group of parents.

**Date:**  
**Wednesday, September 10, 2014**

**Time:**  
**3-6:30 pm PST**

**Location:**  
**Opportunities Unlimited**  
**119 E. 4th St. Moscow, ID**

**Please register by contacting:**

**Amy Ireland**  
**(208)342-5884 Ext.111**  
**or**  
**[amy@ipulidaho.org](mailto:amy@ipulidaho.org)**

Light refreshments will be provided. Sorry, no childcare available.

# So what's it like being a one-handed hairdresser?

**Ashley Thomson has always wanted to be a hairdresser.**



Unfortunately no one was able to teach him how to do this because he was born with one hand and the received wisdom is that you need two hands to cut and style hair.

Undeterred he set about learning how to style hair in his own unique way. He was lucky because he had the support of both his friends and family. For example his Nan bought him a Vidal Sassoon hairdressing book from a car boot sale, and his friends allowed him to experiment on their hair.

Because he was one-handed he was unable to train as a hairdresser and complete all the units required for an NVQ, but his persistence paid off when he was accepted at the TLT Hairdressing Academy in London.

When he started out as a professional hairdresser Ashley had problems gaining clients because people had preconceptions about what he could and couldn't do but he now has a small and regular customer base.



To read more about Ashley go to [www.kentishtowner.co.uk/2013/07/01/so-whats-it-like-being-a-one-handed-hairdresser/](http://www.kentishtowner.co.uk/2013/07/01/so-whats-it-like-being-a-one-handed-hairdresser/) - See more at: <http://disabilityrightsuk.org/news/2013/july/inspiring-story-one-handed-hairdresser#sthash.iK4QvENN.dpuf>

Article taken from website:





## Poetry To Make You Think!

Placing one foot in front of the other,

I've climbed to higher lengths.

Reaching beyond my own limitations,  
to show my inner strength.

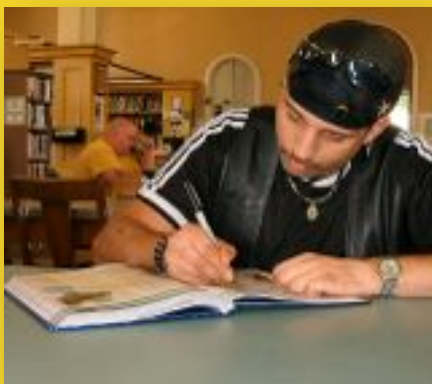
No obstacle too hard,  
for this warrior to overcome.

I'm just a man on a mission,

to prove my disability hasn't won.

-- Robert M. Hensel

American Poet and Disability Activist



## MOSCOW BRAIN INJURY GROUP INVITES YOU TO JOIN!

If you have a TBI, or if you are the friend or family member of someone who has suffered a TBI, join us. We are an informal group that discusses common issues. We are willing to answer non-medical questions based on our experiences and we offer support to all who need help dealing with TBIs.



It truly is helpful to learn that you are not alone, that others understand what you are going through and that no one here will judge you because we have all "been there". In fact the group is generally quite vocal and lively .....and fun!

Call for more information: Carol or Stephanie 208-883-0523



THE MOST APPROPRIATE LABEL IS USUALLY THE ONE PEOPLE'S PARENTS HAVE GIVEN THEM.

If you have a comment, article or photograph you would like to submit for publication in the DAC monthly newsletter, please contact Carol Jenks at [carol@dacnw.org](mailto:carol@dacnw.org) for further information. We welcome comments, human-interest stories, photographs and informational articles.



**LIFE, Inc.**

*Living Independently For Everyone*

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Pocatello ID 83204  
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(208) 232-2754 FAX  
(800) 631-2747 800

North Maple  
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(208) 785-9648 VOICE  
(208) 785-9648 TDD  
(208) 785-2398 FAX

570 W. Pacific  
Blackfoot ID 83221  
(208) 785-9648 VOICE  
(208) 785-2398 FAX

640 Pershing  
Pocatello ID 83201  
(208) 232-2747 VOICE  
(208) 232-2747 TDD  
(208) 232-2753 FAX

250 S. Skyline  
Idaho Falls ID 83402  
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(208) 529-8610 TDD  
(208) 529-6804 FAX

2311 Park Ave. Suite 7  
Burley ID 83318  
(208) 678-7705 VOICE  
(208) 678-7771 FAX

<http://www.idlifecenter.org>



7560 N Government Way, Suite 1  
Dalton Gardens ID 83815  
(208) 664-9896 VOICE-TDD  
(208) 666-1362 FAX  
(800) 854-9500 800

330 5<sup>th</sup> Street  
Lewiston ID 83501  
(208) 746-9033 VOICE-TDD  
(208) 746-1004 FAX  
(888) 746-9033

[www.dacnw.org](http://www.dacnw.org)

505 North Main Street  
Moscow ID 83843  
(208) 883-0523 VOICE-TDD  
(208) 883-0524 FAX  
(800) 475-0070 800



1182 Eastland Drive North  
Suite C  
Twin Falls ID 83301  
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(208) 733-7711 TDD

1878 West Overland Road  
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